

Linn-Mar Community Schools

Sep 14, 2020 thru Oct 30, 2020

Base Menu Spreadsheet

K-12 MENU

Portion Values - Detailed

Page 1

Generated on: 9/10/2020 10:53:10 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 09/14/2020														
K-12 MENU	Total													
hamburger on a bun^	1 each	300	30	510	4.00	3.60	240.0	100	1.2	5	20.0	33.0	11.0	3.50
corn^	1/2 cup	62	0	4	1.78	0.32	35.6	89	2.13	2	0.89	15.12	0.44	0.00
carrots, baby crunchy	1/4 cup	13	0	29	1.10	0.34	12.1	5213	0.98	2	0.24	3.11	0.05	0.01
Applesauce Cups- assorted (19)	4 oz	50	0	0	1.00	0.00	0.0	0	60.0	12	0.0	14.0	0.0	0.00
ketchup^	1 tbsp	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0	0.00
mustard^	1 TSP	0	0	60	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00
dressing ranch light^	2 TBSP	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5	0.50
milk vty half pints^	1 each	110	*5	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62	0.37
Weighted Daily Average		625	*45	1254	7.88	4.71	587.7	6002	65.52	*42	29.13	94.98	16.62	4.38
% of Calories										*26.6%	18.6%	60.7%	23.9%	6.3%
Nutrient Guideline		739		1420		3.95	338.62	1295	16.68		12.74		<=30.0	<10.00

Tue - 09/15/2020														
K-12 MENU	Total													
French toast sticks	3 sticks	210	125	310	2.00	2.00	52.0	200	0.0	9	8.0	39.0	7.0	2.50
Egg Omelet	3.5 oz	107	193	215	0.04	0.63	35.0	408	1.99	0	8.32	1.36	7.63	3.29
tator tots^	9 each	166	0	398	2.21	0.40	0.0	0	3.98	0	2.21	21.02	7.74	1.11
cucumber slices	1/4 cup	3	0	1	0.21	0.07	4.2	22	0.96	0	0.18	0.65	0.05	0.02
BLUEBERRIES, Fresh	1/2 CUP	42	0	1	1.78	0.21	4.4	40	7.18	7	0.55	10.72	0.24	0.02
syrup, pancake^	2 tbsp	50	0	55	0.00	0.00	0.0	0	0.0	7	0.0	13.0	0.0	0.00
ketchup^	1 tbsp	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0	0.00
mustard^	1 TSP	0	0	60	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00
milk vty half pints^	1 each	110	*5	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62	0.37
Weighted Daily Average		708	*323	1341	6.24	3.75	395.6	1270	15.31	*44	27.25	108.50	23.29	7.31
% of Calories										*25.0%	15.4%	61.3%	29.6%	9.3%
Nutrient Guideline		739		1420		3.95	338.62	1295	16.68		12.74		<=30.0	<10.00

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

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Linn-Mar Community Schools

Sep 14, 2020 thru Oct 30, 2020

Base Menu Spreadsheet

K-12 MENU

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 09/16/2020														
K-12 MENU	Total													
chicken strips^	4 EACH	271	46	566	1.47	2.00	32.2	130	0.61	2	21.15	16.75	12.93	1.36
Roll, Hot (frozen) (19)	1 each	80	0	140	1.00	0.72	0.0	0	0.0	1	3.0	13.0	1.5	0.00
broccoli, steamed	1/2 cup	26	0	22	2.80	0.56	47.0	930	36.9	*N/A*	2.85	4.93	0.1	0.02
cauliflower florets raw^	1/4 cup	6	0	8	0.50	0.11	5.5	0	12.15	0	0.48	1.25	0.07	0.03
Fruit Juice Slushies (19)	1 each	90	0	30	0.00	0.00	80.0	1000	60.0	19	0.0	22.0	0.0	0.00
ketchup^	1 tbsp	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0	0.00
mustard^	1 TSP	0	0	60	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00
bbq sauce	2 TBSP	40	0	390	0.00	0.00	0.0	200	6.0	*N/A*	0.0	9.0	0.0	0.00
margarine cup^	1 each	20	0	30	0.00	0.00	0.0	200	0.0	0	0.0	0.0	2.0	0.00
dressing ranch light^	2 TBSP	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5	0.50
milk vty half pints^	1 each	110	*5	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62	0.37
Weighted Daily Average		733	*61	1897	5.77	3.84	464.7	3060	116.86	*43	35.48	96.68	21.73	2.29
% of Calories										*23.7%	19.4%	52.8%	26.7%	2.8%
Nutrient Guideline		739		1420		3.95	338.62	1295	16.68		12.74		<=30.0	<10.00

Thu - 09/17/2020														
K-12 MENU	Total													
hot dog with bun^	1 each	320	35	790	3.00	2.16	200.0	0	0.0	4	13.0	32.0	17.0	7.00
baked beans^	1/2 cup	162	0	559	5.19	2.01	47.1	151	1.22	17	7.32	37.2	0.0	0.00
celery sticks^	1/4 cup	5	0	26	0.52	0.06	13.0	145	1.0	0	0.22	0.96	0.06	0.01
peaches sliced	1/2 cup	49	0	10	0.00	0.00	0.0	295	1.18	10	0.0	11.81	0.0	0.00
ketchup^	1 tbsp	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0	0.00
mustard^	1 TSP	0	0	60	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00
dressing ranch light^	2 TBSP	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5	0.50
milk vty half pints^	1 each	110	*5	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62	0.37
Weighted Daily Average		736	*50	2096	8.70	4.68	560.1	1192	4.60	*53	28.55	111.71	22.18	7.89
% of Calories										*28.7%	15.5%	60.7%	27.1%	9.7%
Nutrient Guideline		739		1420		3.95	338.62	1295	16.68		12.74		<=30.0	<10.00

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

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Linn-Mar Community Schools

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Base Menu Spreadsheet

K-12 MENU

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 09/18/2020														
K-12 MENU	Total													
Pizza cheesy gar /6"bread	1 piece	330	20	580	2.00	2.70	350.0	400	0.0	*N/A*	19.0	33.0	13.0	4.00
marinara sauce cup^	2.5 oz	40	0	230	1.00	0.72	20.0	299	5.99	4	1.0	6.99	1.0	0.00
romaine/spinach&tomato	1 cup	31	0	17	3.42	1.58	54.4	12715	12.06	*1	2.16	6.1	0.5	0.07
apple fresh sliced in bag	bag	29	0	1	1.32	0.07	3.3	30	2.53	6	0.14	7.6	0.09	0.02
GRAPES,Fresh	1/2 CUP	31	0	1	0.41	0.13	6.4	46	1.84	7	0.29	7.89	0.16	0.05
dressing ranch light^	2 TBSP	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5	0.50
milk vty half pints^	1 each	110	*5	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62	0.37
Weighted Daily Average		640	*35	1320	8.15	5.65	734.1	13990	23.62	*36	30.59	86.32	19.88	5.01
% of Calories										*22.3%	19.1%	53.9%	27.9%	7.0%
Nutrient Guideline		739		1420		3.95	338.62	1295	16.68		12.74		<=30.0	<10.00

Mon - 09/21/2020														
K-12 MENU	Total													
chicken, popcorn^	4 oz	237	0	511	1.45	2.77	73.6	126	0.05	2	17.91	18.45	9.64	0.53
b&b half sandwich(whlgrain)^	1 each	130	0	185	2.00	0.72	40.0	260	0.0	2	4.0	16.0	6.5	2.50
mixed veggies, frozen^	1/2 cup	44	0	18	1.78	0.00	17.8	889	2.13	4	0.89	9.78	0.0	0.00
broccoli florets crunchy^	1/4 cup	6	0	5	0.42	0.12	7.6	101	14.45	0	0.46	1.08	0.06	0.02
pineapple tidbits	1/2 cup	83	0	0	1.04	0.37	20.8	0	6.24	18	0.0	19.77	0.0	0.00
ketchup^	1 tbsp	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0	0.00
mustard^	1 TSP	0	0	60	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00
bbq sauce	2 TBSP	40	0	390	0.00	0.00	0.0	200	6.0	*N/A*	0.0	9.0	0.0	0.00
dressing ranch light^	2 TBSP	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5	0.50
milk vty half pints^	1 each	110	*5	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62	0.37
Weighted Daily Average		740	*15	1821	6.69	4.44	459.8	2176	30.08	*48	31.25	103.83	21.32	3.93
% of Calories										*25.9%	16.9%	56.1%	25.9%	4.8%
Nutrient Guideline		739		1420		3.95	338.62	1295	16.68		12.74		<=30.0	<10.00

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Linn-Mar Community Schools

Sep 14, 2020 thru Oct 30, 2020

Base Menu Spreadsheet

K-12 MENU

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 09/22/2020														
K-12 MENU	Total													
taco meat w/ beef crumbles^	3 oz	135	30	211	0.66	2.18	24.7	467	2.59	*2	12.83	5.27	7.04	2.50
Tortilla chips 1.5 oz	1.5 oz	200	0	170	3.00	1.08	0.0	*N/A*	*N/A*	0	3.0	30.0	8.0	1.00
lettuce,shredded^	1/8 cup	1	0	1	0.11	0.04	1.6	45	0.25	*N/A*	0.08	0.27	0.01	0.00
tomato fresh diced^	1/8 cup	4	0	1	0.27	0.06	2.3	187	3.08	1	0.2	0.88	0.05	0.01
cheese cheddar shredded^	1 oz	80	16	206	0.00	0.04	257.0	179	0.0	*N/A*	7.71	0.57	5.19	3.29
pepper strips green	1/4 cup	5	0	1	0.39	0.08	2.3	85	18.49	1	0.2	1.07	0.04	0.01
Hummus Cup (commodity)	3 oz	110	0	100	5.00	*N/A*	20.0	0	0.0	3	6.0	18.0	2.0	0.00
mixed fruit cocktail	1/2 cup	60	0	10	0.00	0.00	0.0	200	1.2	11	0.0	17.0	0.0	0.00
Salsa cup^	3 oz	10	0	65	0.00	0.00	0.0	100	2.4	1	0.0	2.0	0.0	0.00
dressing ranch light^	2 TBSP	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5	0.50
milk vty half pints^	1 each	110	*5	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62	0.37
Weighted Daily Average		785	*61	1256	9.43	*3.93	607.9	*1764	*29.22	*36	38.02	99.80	27.45	7.68
% of Calories										*18.3%	19.4%	50.8%	31.5%	8.8%
Nutrient Guideline		739		1420		3.95	338.62	1295	16.68		12.74		<=30.0	<10.00

Wed - 09/23/2020														
K-12 MENU	Total													
mac & cheese^	6 oz	283	37	648	2.00	0.00	371.0	493	1.0	8	15.0	31.0	11.0	6.50
breadstick bosco cheese filled	1 each	207	21	303	2.75	0.00	0.0	275	0.0	1	13.77	23.41	6.89	3.44
peas and carrots^	1/2 cup	4	0	5	0.27	0.06	5.3	889	10.67	0	0.09	0.36	0.0	0.00
cucumber slices	1/4 cup	3	0	1	0.21	0.07	4.2	22	0.96	0	0.18	0.65	0.05	0.02
orange, fresh slices^	1/4 cup	23	0	0	1.18	0.05	19.7	111	26.13	5	0.46	5.77	0.06	0.01
apple fresh sliced in bag	bag	29	0	1	1.32	0.07	3.3	30	2.53	6	0.14	7.6	0.09	0.02
dressing ranch light^	2 TBSP	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5	0.50
milk vty half pints^	1 each	110	*5	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62	0.37
Weighted Daily Average		728	*73	1448	7.73	0.70	703.5	2320	42.50	38	37.64	93.53	23.21	10.86
% of Calories										20.9%	20.7%	51.4%	28.7%	13.4%
Nutrient Guideline		739		1420		3.95	338.62	1295	16.68		12.74		<=30.0	<10.00

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Base Menu Spreadsheet

K-12 MENU

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 09/24/2020														
K-12 MENU	Total													
chicken patty (4ozGold) s/w french fries^	1 EACH	379	63	690	4.22	3.72	230.6	59	0.0	6	28.28	45.79	9.8	1.47
tomatoes, cherry	1/2 cup	180	0	45	2.25	0.81	0.0	0	8.08	0	4.49	31.43	3.37	0.00
cantaloupe,fresh	1/4 cup	7	0	2	0.45	0.10	3.7	310	4.73	*N/A*	0.33	1.46	0.07	0.01
honeydew melon	1/4 cup	15	0	7	0.41	0.10	4.1	1534	16.65	4	0.38	3.7	0.09	0.02
ketchup^	1/4 cup	19	0	10	0.43	0.09	3.2	27	9.72	4	0.29	4.91	0.08	0.02
mustard^	1 tbsp	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0	0.00
bbq sauce	1 TSP	0	0	60	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00
dressing ranch light^	2 TBSP	40	0	390	0.00	0.00	0.0	200	6.0	*N/A*	0.0	9.0	0.0	0.00
milk vty half pints^	2 TBSP	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5	0.50
Weighted Daily Average	1 each	110	*5	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62	0.37
% of Calories		840	*78	1855	7.75	5.27	541.7	2730	46.38	*35	41.77	126.04	18.53	2.40
Nutrient Guideline		739		1420		3.95	338.62	1295	16.68	*16.7%	19.9%	60.0%	19.8%	2.6%
											12.74		<=30.0	<10.00
Fri - 09/25/2020														
K-12 MENU	Total													
pizza 5" cheese ^	1 each	320	10	610	5.00	2.70	250.0	300	0.0	5	15.0	40.0	11.0	3.50
green beans,steamed^	1/2 cup	28	0	0	2.80	0.67	18.7	187	4.48	2	0.93	5.6	0.0	0.00
carrots, baby crunchy	1/4 cup	13	0	29	1.10	0.34	12.1	5213	0.98	2	0.24	3.11	0.05	0.01
mandarin oranges^	1/2 cup	90	0	10	1.00	0.36	20.0	1250	27.0	22	1.0	23.0	0.0	0.00
dressing ranch light^	2 TBSP	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5	0.50
milk vty half pints^	1 each	110	*5	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62	0.37
Weighted Daily Average		631	*25	1141	9.90	4.52	600.8	7449	33.66	48	25.17	96.46	16.17	4.38
% of Calories										30.5%	16.0%	61.1%	23.1%	6.3%
Nutrient Guideline		739		1420		3.95	338.62	1295	16.68		12.74		<=30.0	<10.00

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K-12 MENU

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 09/28/2020														
K-12 MENU	Total													
pizza crunchers^	4 piece serving	420	30	790	5.00	2.15	426.0	480	1.87	3	20.0	41.0	20.0	9.00
sweet potato fries^	4 oz	200	0	250	2.00	0.36	20.0	3000	6.0	8	1.0	26.0	10.0	1.50
cauliflower florets raw^	1/4 cup	6	0	8	0.50	0.11	5.5	0	12.15	0	0.48	1.25	0.07	0.03
GRAPES, Fresh	1/4 CUP	15	0	0	0.21	0.07	3.2	23	0.92	4	0.14	3.94	0.08	0.03
apple fresh sliced in bag	bag	29	0	1	1.32	0.07	3.3	30	2.53	6	0.14	7.6	0.09	0.02
ketchup^	1 tbsp	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0	0.00
mustard^	1 TSP	0	0	60	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00
dressing ranch light^	2 TBSP	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5	0.50
milk vty half pints^	1 each	110	*5	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62	0.37
Weighted Daily Average		870	*45	1760	9.03	3.20	758.1	4133	24.67	*42	29.77	109.54	35.37	11.45
% of Calories										*19.5%	13.7%	50.3%	36.6%	11.8%
Nutrient Guideline		739		1420		3.95	338.62	1295	16.68		12.74		<=30.0	<10.00
Tue - 09/29/2020														
K-12 MENU	Total													
chicken patty grilled sw	1 each	260	35	400	3.00	2.52	200.0	0	0.0	4	22.0	32.0	5.5	1.00
carrots, baby crunchy	1/4 cup	13	0	29	1.10	0.34	12.1	5213	0.98	2	0.24	3.11	0.05	0.01
broccoli florets crunchy^	1/4 cup	6	0	5	0.42	0.12	7.6	101	14.45	0	0.46	1.08	0.06	0.02
Hummus Cup (commodity)	3 oz	110	0	100	5.00	*N/A*	20.0	0	0.0	3	6.0	18.0	2.0	0.00
strawberries frozen	1/2 cup	150	0	30	3.01	0.36	20.0	0	48.1	35	0.0	38.08	0.0	0.00
ketchup^	1 tbsp	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0	0.00
mustard^	1 TSP	0	0	60	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00
bbq sauce	2 TBSP	40	0	390	0.00	0.00	0.0	200	6.0	*N/A*	0.0	9.0	0.0	0.00
dressing ranch light^	2 TBSP	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5	0.50
milk vty half pints^	1 each	110	*5	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62	0.37
Weighted Daily Average		779	*50	1666	12.52	*3.79	559.8	6114	70.73	*66	36.70	131.02	12.73	1.90
% of Calories										*33.7%	18.8%	67.3%	14.7%	2.2%
Nutrient Guideline		739		1420		3.95	338.62	1295	16.68		12.74		<=30.0	<10.00

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Linn-Mar Community Schools

Sep 14, 2020 thru Oct 30, 2020

Base Menu Spreadsheet

K-12 MENU

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 09/30/2020														
K-12 MENU	Total													
chicken mandarin orange	serving	150	55	207	1.00	1.08	0.0	100	0.0	9	15.0	17.0	3.0	3.00
brown rice, chicken flavored	1/2 cup	71	0	166	0.63	0.27	5.0	0	0.0	*0	1.58	14.16	0.95	0.15
vegetables stir fry	1/2 cup	17	0	13	1.00	0.18	10.0	500	0.6	1	0.0	3.0	0.0	0.00
cucumber slices	1/4 cup	3	0	1	0.21	0.07	4.2	22	0.96	0	0.18	0.65	0.05	0.02
Applesauce Cups- assorted (19)	4 oz	50	0	0	1.00	0.00	0.0	0	60.0	12	0.0	14.0	0.0	0.00
milk vty half pints^	1 each	110	*5	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62	0.37
Weighted Daily Average		401	*60	527	3.84	2.05	319.3	1122	62.76	*39	24.76	66.56	4.62	3.55
% of Calories										*38.8%	24.7%	66.3%	10.4%	7.9%
Nutrient Guideline		739		1420		3.95	338.62	1295	16.68		12.74		<=30.0	<10.00

Thu - 10/01/2020														
K-12 MENU	Total													
breakfast sandwich^	1 each	286	143	512	3.00	*2.52	*140.0	*100	*0.0	*1	17.53	23.01	13.56	4.53
potato wedge	2 EACH	178	0	391	2.67	0.68	10.3	0	4.7	0	0.89	23.11	8.89	1.33
pepper strips green	1/4 cup	5	0	1	0.39	0.08	2.3	85	18.49	1	0.2	1.07	0.04	0.01
orange juice cup	4 oz	60	0	0	0.00	0.00	0.0	0	42.0	*N/A*	1.0	14.0	0.0	0.00
ketchup^	1 tbsp	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0	0.00
mustard^	1 TSP	0	0	60	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00
dressing ranch light^	2 TBSP	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5	0.50
milk vty half pints^	1 each	110	*5	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62	0.37
Weighted Daily Average		728	*158	1615	6.06	*3.73	*452.6	*785	*66.39	*23	27.62	90.94	27.61	6.75
% of Calories										*12.7%	15.2%	50.0%	34.1%	8.3%
Nutrient Guideline		739		1420		3.95	338.62	1295	16.68		12.74		<=30.0	<10.00

Fri - 10/02/2020														
K-12 MENU	Total													
pizza sticks (3 sticks) ^	3 EACH	465	60	885	4.50	0.00	0.0	0	0.0	12	27.0	46.5	19.5	10.50
marinara sauce cup^	2.5 oz	40	0	230	1.00	0.72	20.0	299	5.99	4	1.0	6.99	1.0	0.00
romaine/spinach&tomato	1 cup	31	0	17	3.42	1.58	54.4	12715	12.06	*1	2.16	6.1	0.5	0.07
pear sliced in juice	1/2 cup	76	0	10	2.00	0.00	0.0	0	0.0	12	0.0	19.0	0.0	0.00
dressing ranch light^	2 TBSP	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5	0.50
milk vty half pints^	1 each	110	*5	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62	0.37

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Linn-Mar Community Schools

Sep 14, 2020 thru Oct 30, 2020

Base Menu Spreadsheet

K-12 MENU

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Weighted Daily Average		792	*75	1633	10.92	2.75	374.4	13514	19.25	*46	38.16	103.33	26.13	11.44
% of Calories										*23.5%	19.3%	52.2%	29.7%	13.0%
Nutrient Guideline		739		1420		3.95	338.62	1295	16.68		12.74		<=30.0	<10.00

Mon - 10/05/2020														
K-12 MENU	Total													
hamburger on a bun^	1 each	300	30	510	4.00	3.60	240.0	100	1.2	5	20.0	33.0	11.0	3.50
corn^	1/2 cup	62	0	4	1.78	0.32	35.6	89	2.13	2	0.89	15.12	0.44	0.00
carrots, baby crunchy	1/4 cup	13	0	29	1.10	0.34	12.1	5213	0.98	2	0.24	3.11	0.05	0.01
Applesauce Cups- assorted (19)	4 oz	50	0	0	1.00	0.00	0.0	0	60.0	12	0.0	14.0	0.0	0.00
ketchup^	1 tbsp	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0	0.00
mustard^	1 TSP	0	0	60	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00
dressing ranch light^	2 TBSP	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5	0.50
milk vty half pints^	1 each	110	*5	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62	0.37
Weighted Daily Average		625	*45	1254	7.88	4.71	587.7	6002	65.52	*42	29.13	94.98	16.62	4.38
% of Calories										*26.6%	18.6%	60.7%	23.9%	6.3%
Nutrient Guideline		739		1420		3.95	338.62	1295	16.68		12.74		<=30.0	<10.00

Tue - 10/06/2020														
K-12 MENU	Total													
French toast sticks	3 sticks	210	125	310	2.00	2.00	52.0	200	0.0	9	8.0	39.0	7.0	2.50
Egg Omelet	3.5 oz	107	193	215	0.04	0.63	35.0	408	1.99	0	8.32	1.36	7.63	3.29
tator tots^	9 each	166	0	398	2.21	0.40	0.0	0	3.98	0	2.21	21.02	7.74	1.11
cucumber slices	1/4 cup	3	0	1	0.21	0.07	4.2	22	0.96	0	0.18	0.65	0.05	0.02
BLUEBERRIES,Fresh	1/2 CUP	42	0	1	1.78	0.21	4.4	40	7.18	7	0.55	10.72	0.24	0.02
syrup, pancake^	2 tbsp	50	0	55	0.00	0.00	0.0	0	0.0	7	0.0	13.0	0.0	0.00
ketchup^	1 tbsp	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0	0.00
mustard^	1 TSP	0	0	60	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00
milk vty half pints^	1 each	110	*5	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62	0.37
Weighted Daily Average		708	*323	1341	6.24	3.75	395.6	1270	15.31	*44	27.25	108.50	23.29	7.31
% of Calories										*25.0%	15.4%	61.3%	29.6%	9.3%
Nutrient Guideline		739		1420		3.95	338.62	1295	16.68		12.74		<=30.0	<10.00

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Linn-Mar Community Schools

Sep 14, 2020 thru Oct 30, 2020

Base Menu Spreadsheet

K-12 MENU

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 10/07/2020														
K-12 MENU	Total													
chicken strips^	4 EACH	271	46	566	1.47	2.00	32.2	130	0.61	2	21.15	16.75	12.93	1.36
Roll, Hot (frozen) (19)	1 each	80	0	140	1.00	0.72	0.0	0	0.0	1	3.0	13.0	1.5	0.00
broccoli, steamed	1/2 cup	26	0	22	2.80	0.56	47.0	930	36.9	*N/A*	2.85	4.93	0.1	0.02
cauliflower florets raw^	1/4 cup	6	0	8	0.50	0.11	5.5	0	12.15	0	0.48	1.25	0.07	0.03
Fruit Juice Slushies (19)	1 each	90	0	30	0.00	0.00	80.0	1000	60.0	19	0.0	22.0	0.0	0.00
ketchup^	1 tbsp	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0	0.00
mustard^	1 TSP	0	0	60	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00
bbq sauce	2 TBSP	40	0	390	0.00	0.00	0.0	200	6.0	*N/A*	0.0	9.0	0.0	0.00
margarine cup^	1 each	20	0	30	0.00	0.00	0.0	200	0.0	0	0.0	0.0	2.0	0.00
dressing ranch light^	2 TBSP	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5	0.50
milk vty half pints^	1 each	110	*5	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62	0.37
Weighted Daily Average		733	*61	1897	5.77	3.84	464.7	3060	116.86	*43	35.48	96.68	21.73	2.29
% of Calories										*23.7%	19.4%	52.8%	26.7%	2.8%
Nutrient Guideline		739		1420		3.95	338.62	1295	16.68		12.74		<=30.0	<10.00

Thu - 10/08/2020														
K-12 MENU	Total													
hot dog with bun^	1 each	320	35	790	3.00	2.16	200.0	0	0.0	4	13.0	32.0	17.0	7.00
baked beans^	1/2 cup	162	0	559	5.19	2.01	47.1	151	1.22	17	7.32	37.2	0.0	0.00
celery sticks^	1/4 cup	5	0	26	0.52	0.06	13.0	145	1.0	0	0.22	0.96	0.06	0.01
peaches sliced	1/2 cup	49	0	10	0.00	0.00	0.0	295	1.18	10	0.0	11.81	0.0	0.00
ketchup^	1 tbsp	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0	0.00
mustard^	1 TSP	0	0	60	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00
dressing ranch light^	2 TBSP	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5	0.50
milk vty half pints^	1 each	110	*5	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62	0.37
Weighted Daily Average		736	*50	2096	8.70	4.68	560.1	1192	4.60	*53	28.55	111.71	22.18	7.89
% of Calories										*28.7%	15.5%	60.7%	27.1%	9.7%
Nutrient Guideline		739		1420		3.95	338.62	1295	16.68		12.74		<=30.0	<10.00

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Linn-Mar Community Schools

Sep 14, 2020 thru Oct 30, 2020

Base Menu Spreadsheet

K-12 MENU

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 10/09/2020														
K-12 MENU														
	Total													
Pizza cheesy gar /6"bread	1 piece	330	20	580	2.00	2.70	350.0	400	0.0	*N/A*	19.0	33.0	13.0	4.00
marinara sauce cup^	2.5 oz	40	0	230	1.00	0.72	20.0	299	5.99	4	1.0	6.99	1.0	0.00
romaine/spinach&tomato	1 cup	31	0	17	3.42	1.58	54.4	12715	12.06	*1	2.16	6.1	0.5	0.07
apple fresh sliced in bag	bag	29	0	1	1.32	0.07	3.3	30	2.53	6	0.14	7.6	0.09	0.02
GRAPES,Fresh	1/2 CUP	31	0	1	0.41	0.13	6.4	46	1.84	7	0.29	7.89	0.16	0.05
dressing ranch light^	2 TBSP	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5	0.50
milk vty half pints^	1 each	110	*5	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62	0.37
Weighted Daily Average		640	*35	1320	8.15	5.65	734.1	13990	23.62	*36	30.59	86.32	19.88	5.01
% of Calories										*22.3%	19.1%	53.9%	27.9%	7.0%
Nutrient Guideline		739		1420		3.95	338.62	1295	16.68		12.74		<=30.0	<10.00

Mon - 10/12/2020														
K-12 MENU														
	Total													
chicken, popcorn^	4 oz	237	0	511	1.45	2.77	73.6	126	0.05	2	17.91	18.45	9.64	0.53
b&b half sandwich(whlgrain)^	1 each	130	0	185	2.00	0.72	40.0	260	0.0	2	4.0	16.0	6.5	2.50
mixed veggies, frozen^	1/2 cup	44	0	18	1.78	0.00	17.8	889	2.13	4	0.89	9.78	0.0	0.00
broccoli florets crunchy^	1/4 cup	6	0	5	0.42	0.12	7.6	101	14.45	0	0.46	1.08	0.06	0.02
pineapple tidbits	1/2 cup	83	0	0	1.04	0.37	20.8	0	6.24	18	0.0	19.77	0.0	0.00
ketchup^	1 tbsp	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0	0.00
mustard^	1 TSP	0	0	60	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00
bbq sauce	2 TBSP	40	0	390	0.00	0.00	0.0	200	6.0	*N/A*	0.0	9.0	0.0	0.00
dressing ranch light^	2 TBSP	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5	0.50
milk vty half pints^	1 each	110	*5	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62	0.37
Weighted Daily Average		740	*15	1821	6.69	4.44	459.8	2176	30.08	*48	31.25	103.83	21.32	3.93
% of Calories										*25.9%	16.9%	56.1%	25.9%	4.8%
Nutrient Guideline		739		1420		3.95	338.62	1295	16.68		12.74		<=30.0	<10.00

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Linn-Mar Community Schools

Sep 14, 2020 thru Oct 30, 2020

Base Menu Spreadsheet

K-12 MENU

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 10/13/2020														
K-12 MENU	Total													
taco meat w/ beef crumbles^	3 oz	135	30	211	0.66	2.18	24.7	467	2.59	*2	12.83	5.27	7.04	2.50
Tortilla chips 1.5 oz	1.5 oz	200	0	170	3.00	1.08	0.0	*N/A*	*N/A*	0	3.0	30.0	8.0	1.00
lettuce, shredded^	1/8 cup	1	0	1	0.11	0.04	1.6	45	0.25	*N/A*	0.08	0.27	0.01	0.00
tomato fresh diced^	1/8 cup	4	0	1	0.27	0.06	2.3	187	3.08	1	0.2	0.88	0.05	0.01
cheese cheddar shredded^	1 oz	80	16	206	0.00	0.04	257.0	179	0.0	*N/A*	7.71	0.57	5.19	3.29
pepper strips green	1/4 cup	5	0	1	0.39	0.08	2.3	85	18.49	1	0.2	1.07	0.04	0.01
Hummus Cup (commodity)	3 oz	110	0	100	5.00	*N/A*	20.0	0	0.0	3	6.0	18.0	2.0	0.00
mixed fruit cocktail	1/2 cup	60	0	10	0.00	0.00	0.0	200	1.2	11	0.0	17.0	0.0	0.00
Salsa cup^	3 oz	10	0	65	0.00	0.00	0.0	100	2.4	1	0.0	2.0	0.0	0.00
dressing ranch light^	2 TBSP	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5	0.50
milk vty half pints^	1 each	110	*5	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62	0.37
Weighted Daily Average		785	*61	1256	9.43	*3.93	607.9	*1764	*29.22	*36	38.02	99.80	27.45	7.68
% of Calories										*18.3%	19.4%	50.8%	31.5%	8.8%
Nutrient Guideline		739		1420		3.95	338.62	1295	16.68		12.74		<=30.0	<10.00

Wed - 10/14/2020														
K-12 MENU	Total													
mac & cheese^	6 oz	283	37	648	2.00	0.00	371.0	493	1.0	8	15.0	31.0	11.0	6.50
breadstick bosco cheese filled	1 each	207	21	303	2.75	0.00	0.0	275	0.0	1	13.77	23.41	6.89	3.44
peas and carrots^	1/2 cup	4	0	5	0.27	0.06	5.3	889	10.67	0	0.09	0.36	0.0	0.00
cucumber slices	1/4 cup	3	0	1	0.21	0.07	4.2	22	0.96	0	0.18	0.65	0.05	0.02
orange, fresh slices^	1/4 cup	23	0	0	1.18	0.05	19.7	111	26.13	5	0.46	5.77	0.06	0.01
apple fresh sliced in bag	bag	29	0	1	1.32	0.07	3.3	30	2.53	6	0.14	7.6	0.09	0.02
dressing ranch light^	2 TBSP	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5	0.50
milk vty half pints^	1 each	110	*5	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62	0.37
Weighted Daily Average		728	*73	1448	7.73	0.70	703.5	2320	42.50	38	37.64	93.53	23.21	10.86
% of Calories										20.9%	20.7%	51.4%	28.7%	13.4%
Nutrient Guideline		739		1420		3.95	338.62	1295	16.68		12.74		<=30.0	<10.00

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Linn-Mar Community Schools

Sep 14, 2020 thru Oct 30, 2020

Base Menu Spreadsheet

K-12 MENU

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 10/15/2020														
K-12 MENU	Total													
chicken patty (4ozGold) s/w	1 EACH	379	63	690	4.22	3.72	230.6	59	0.0	6	28.28	45.79	9.8	1.47
french fries^	1/2 cup	180	0	45	2.25	0.81	0.0	0	8.08	0	4.49	31.43	3.37	0.00
tomatoes, cherry	1/4 cup	7	0	2	0.45	0.10	3.7	310	4.73	*N/A*	0.33	1.46	0.07	0.01
cantaloupe,fresh	1/4 cup	15	0	7	0.41	0.10	4.1	1534	16.65	4	0.38	3.7	0.09	0.02
honeydew melon	1/4 cup	19	0	10	0.43	0.09	3.2	27	9.72	4	0.29	4.91	0.08	0.02
ketchup^	1 tbsp	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0	0.00
mustard^	1 TSP	0	0	60	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00
bbq sauce	2 TBSP	40	0	390	0.00	0.00	0.0	200	6.0	*N/A*	0.0	9.0	0.0	0.00
dressing ranch light^	2 TBSP	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5	0.50
milk vty half pints^	1 each	110	*5	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62	0.37
Weighted Daily Average		840	*78	1855	7.75	5.27	541.7	2730	46.38	*35	41.77	126.04	18.53	2.40
% of Calories										*16.7%	19.9%	60.0%	19.8%	2.6%
Nutrient Guideline		739		1420		3.95	338.62	1295	16.68		12.74		<=30.0	<10.00

Fri - 10/16/2020														
K-12 MENU	Total													
pizza 5" cheese ^	1 each	320	10	610	5.00	2.70	250.0	300	0.0	5	15.0	40.0	11.0	3.50
green beans,steamed^	1/2 cup	28	0	0	2.80	0.67	18.7	187	4.48	2	0.93	5.6	0.0	0.00
carrots, baby crunchy	1/4 cup	13	0	29	1.10	0.34	12.1	5213	0.98	2	0.24	3.11	0.05	0.01
mandarin oranges^	1/2 cup	90	0	10	1.00	0.36	20.0	1250	27.0	22	1.0	23.0	0.0	0.00
dressing ranch light^	2 TBSP	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5	0.50
milk vty half pints^	1 each	110	*5	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62	0.37
Weighted Daily Average		631	*25	1141	9.90	4.52	600.8	7449	33.66	48	25.17	96.46	16.17	4.38
% of Calories										30.5%	16.0%	61.1%	23.1%	6.3%
Nutrient Guideline		739		1420		3.95	338.62	1295	16.68		12.74		<=30.0	<10.00

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Linn-Mar Community Schools

Sep 14, 2020 thru Oct 30, 2020

Base Menu Spreadsheet

K-12 MENU

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 10/19/2020														
K-12 MENU	Total													
pizza crunchers^	4 piece serving	420	30	790	5.00	2.15	426.0	480	1.87	3	20.0	41.0	20.0	9.00
sweet potato fries^	4 oz	200	0	250	2.00	0.36	20.0	3000	6.0	8	1.0	26.0	10.0	1.50
cauliflower florets raw^	1/4 cup	6	0	8	0.50	0.11	5.5	0	12.15	0	0.48	1.25	0.07	0.03
GRAPES, Fresh	1/4 CUP	15	0	0	0.21	0.07	3.2	23	0.92	4	0.14	3.94	0.08	0.03
apple fresh sliced in bag	bag	29	0	1	1.32	0.07	3.3	30	2.53	6	0.14	7.6	0.09	0.02
ketchup^	1 tbsp	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0	0.00
mustard^	1 TSP	0	0	60	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00
dressing ranch light^	2 TBSP	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5	0.50
milk vty half pints^	1 each	110	*5	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62	0.37
Weighted Daily Average		870	*45	1760	9.03	3.20	758.1	4133	24.67	*42	29.77	109.54	35.37	11.45
% of Calories										*19.5%	13.7%	50.3%	36.6%	11.8%
Nutrient Guideline		739		1420		3.95	338.62	1295	16.68		12.74		<=30.0	<10.00

Tue - 10/20/2020														
K-12 MENU	Total													
chicken patty grilled sw	1 each	260	35	400	3.00	2.52	200.0	0	0.0	4	22.0	32.0	5.5	1.00
carrots, baby crunchy	1/4 cup	13	0	29	1.10	0.34	12.1	5213	0.98	2	0.24	3.11	0.05	0.01
broccoli florets crunchy^	1/4 cup	6	0	5	0.42	0.12	7.6	101	14.45	0	0.46	1.08	0.06	0.02
Hummus Cup (commodity)	3 oz	110	0	100	5.00	*N/A*	20.0	0	0.0	3	6.0	18.0	2.0	0.00
strawberries frozen	1/2 cup	150	0	30	3.01	0.36	20.0	0	48.1	35	0.0	38.08	0.0	0.00
ketchup^	1 tbsp	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0	0.00
mustard^	1 TSP	0	0	60	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00
bbq sauce	2 TBSP	40	0	390	0.00	0.00	0.0	200	6.0	*N/A*	0.0	9.0	0.0	0.00
dressing ranch light^	2 TBSP	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5	0.50
milk vty half pints^	1 each	110	*5	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62	0.37
Weighted Daily Average		779	*50	1666	12.52	*3.79	559.8	6114	70.73	*66	36.70	131.02	12.73	1.90
% of Calories										*33.7%	18.8%	67.3%	14.7%	2.2%
Nutrient Guideline		739		1420		3.95	338.62	1295	16.68		12.74		<=30.0	<10.00

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Linn-Mar Community Schools

Sep 14, 2020 thru Oct 30, 2020

Base Menu Spreadsheet

K-12 MENU

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 10/21/2020														
K-12 MENU	Total													
chicken mandarin orange	1 serving	150	55	207	1.00	1.08	0.0	100	0.0	9	15.0	17.0	3.0	3.00
brown rice, chicken flavored	1/2 cup	71	0	166	0.63	0.27	5.0	0	0.0	*0	1.58	14.16	0.95	0.15
vegetables stir fry	1/2 cup	17	0	13	1.00	0.18	10.0	500	0.6	1	0.0	3.0	0.0	0.00
cucumber slices	1/4 cup	3	0	1	0.21	0.07	4.2	22	0.96	0	0.18	0.65	0.05	0.02
Applesauce Cups- assorted (19)	4 oz	50	0	0	1.00	0.00	0.0	0	60.0	12	0.0	14.0	0.0	0.00
milk vty half pints^	1 each	110	*5	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62	0.37
Weighted Daily Average		401	*60	527	3.84	2.05	319.3	1122	62.76	*39	24.76	66.56	4.62	3.55
% of Calories										*38.8%	24.7%	66.3%	10.4%	7.9%
Nutrient Guideline		739		1420		3.95	338.62	1295	16.68		12.74		<=30.0	<10.00
Thu - 10/22/2020														
K-12 MENU	Total													
hot dog with bun^	1 each	320	35	790	3.00	2.16	200.0	0	0.0	4	13.0	32.0	17.0	7.00
baked beans^	1/2 cup	162	0	559	5.19	2.01	47.1	151	1.22	17	7.32	37.2	0.0	0.00
celery sticks^	1/4 cup	5	0	26	0.52	0.06	13.0	145	1.0	0	0.22	0.96	0.06	0.01
peaches sliced	1/2 cup	49	0	10	0.00	0.00	0.0	295	1.18	10	0.0	11.81	0.0	0.00
ketchup^	1 tbsp	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0	0.00
mustard^	1 TSP	0	0	60	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00
dressing ranch light^	2 TBSP	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5	0.50
milk vty half pints^	1 each	110	*5	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62	0.37
Weighted Daily Average		736	*50	2096	8.70	4.68	560.1	1192	4.60	*53	28.55	111.71	22.18	7.89
% of Calories										*28.7%	15.5%	60.7%	27.1%	9.7%
Nutrient Guideline		739		1420		3.95	338.62	1295	16.68		12.74		<=30.0	<10.00
Fri - 10/23/2020														
K-12 MENU	Total													
Pizza cheesy gar /6"bread	1 piece	330	20	580	2.00	2.70	350.0	400	0.0	*N/A*	19.0	33.0	13.0	4.00
marinara sauce cup^	2.5 oz	40	0	230	1.00	0.72	20.0	299	5.99	4	1.0	6.99	1.0	0.00
romaine/spinach&tomato	1 cup	31	0	17	3.42	1.58	54.4	12715	12.06	*1	2.16	6.1	0.5	0.07
apple fresh sliced in bag	bag	29	0	1	1.32	0.07	3.3	30	2.53	6	0.14	7.6	0.09	0.02
GRAPES, Fresh	1/2 CUP	31	0	1	0.41	0.13	6.4	46	1.84	7	0.29	7.89	0.16	0.05
dressing ranch light^	2 TBSP	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5	0.50
milk vty half pints^	1 each	110	*5	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62	0.37

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Linn-Mar Community Schools

Sep 14, 2020 thru Oct 30, 2020

Base Menu Spreadsheet

K-12 MENU

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Weighted Daily Average		640	*35	1320	8.15	5.65	734.1	13990	23.62	*36	30.59	86.32	19.88	5.01
% of Calories										*22.3%	19.1%	53.9%	27.9%	7.0%
Nutrient Guideline		739		1420		3.95	338.62	1295	16.68		12.74		<=30.0	<10.00

Mon - 10/26/2020														
K-12 MENU	Total													
hamburger on a bun^	1 each	300	30	510	4.00	3.60	240.0	100	1.2	5	20.0	33.0	11.0	3.50
corn^	1/2 cup	62	0	4	1.78	0.32	35.6	89	2.13	2	0.89	15.12	0.44	0.00
carrots, baby crunchy	1/4 cup	13	0	29	1.10	0.34	12.1	5213	0.98	2	0.24	3.11	0.05	0.01
Applesauce Cups- assorted (19)	4 oz	50	0	0	1.00	0.00	0.0	0	60.0	12	0.0	14.0	0.0	0.00
ketchup^	1 tbsp	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0	0.00
mustard^	1 TSP	0	0	60	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00
dressing ranch light^	2 TBSP	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5	0.50
milk vty half pints^	1 each	110	*5	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62	0.37
Weighted Daily Average		625	*45	1254	7.88	4.71	587.7	6002	65.52	*42	29.13	94.98	16.62	4.38
% of Calories										*26.6%	18.6%	60.7%	23.9%	6.3%
Nutrient Guideline		739		1420		3.95	338.62	1295	16.68		12.74		<=30.0	<10.00

Tue - 10/27/2020														
K-12 MENU	Total													
French toast sticks	3 sticks	210	125	310	2.00	2.00	52.0	200	0.0	9	8.0	39.0	7.0	2.50
Egg Omelet	3.5 oz	107	193	215	0.04	0.63	35.0	408	1.99	0	8.32	1.36	7.63	3.29
tator tots^	9 each	166	0	398	2.21	0.40	0.0	0	3.98	0	2.21	21.02	7.74	1.11
cucumber slices	1/4 cup	3	0	1	0.21	0.07	4.2	22	0.96	0	0.18	0.65	0.05	0.02
BLUEBERRIES,Fresh	1/2 CUP	42	0	1	1.78	0.21	4.4	40	7.18	7	0.55	10.72	0.24	0.02
syrup, pancake^	2 tbsp	50	0	55	0.00	0.00	0.0	0	0.0	7	0.0	13.0	0.0	0.00
ketchup^	1 tbsp	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0	0.00
mustard^	1 TSP	0	0	60	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00
milk vty half pints^	1 each	110	*5	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62	0.37
Weighted Daily Average		708	*323	1341	6.24	3.75	395.6	1270	15.31	*44	27.25	108.50	23.29	7.31
% of Calories										*25.0%	15.4%	61.3%	29.6%	9.3%
Nutrient Guideline		739		1420		3.95	338.62	1295	16.68		12.74		<=30.0	<10.00

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Linn-Mar Community Schools

Sep 14, 2020 thru Oct 30, 2020

Base Menu Spreadsheet

K-12 MENU

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcmm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 10/28/2020														
K-12 MENU	Total													
chicken strips^	4 EACH	271	46	566	1.47	2.00	32.2	130	0.61	2	21.15	16.75	12.93	1.36
Roll, Hot (frozen) (19)	1 each	80	0	140	1.00	0.72	0.0	0	0.0	1	3.0	13.0	1.5	0.00
broccoli, steamed	1/2 cup	26	0	22	2.80	0.56	47.0	930	36.9	*N/A*	2.85	4.93	0.1	0.02
cauliflower florets raw^	1/4 cup	6	0	8	0.50	0.11	5.5	0	12.15	0	0.48	1.25	0.07	0.03
Fruit Juice Slushies (19)	1 each	90	0	30	0.00	0.00	80.0	1000	60.0	19	0.0	22.0	0.0	0.00
ketchup^	1 tbsp	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0	0.00
mustard^	1 TSP	0	0	60	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00
bbq sauce	2 TBSP	40	0	390	0.00	0.00	0.0	200	6.0	*N/A*	0.0	9.0	0.0	0.00
margarine cup^	1 each	20	0	30	0.00	0.00	0.0	200	0.0	0	0.0	0.0	2.0	0.00
dressing ranch light^	2 TBSP	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5	0.50
milk vty half pints^	1 each	110	*5	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62	0.37
Weighted Daily Average		733	*61	1897	5.77	3.84	464.7	3060	116.86	*43	35.48	96.68	21.73	2.29
% of Calories										*23.7%	19.4%	52.8%	26.7%	2.8%
Nutrient Guideline		739		1420		3.95	338.62	1295	16.68		12.74		<=30.0	<10.00

Thu - 10/29/2020														
K-12 MENU	Total													
hot dog with bun^	1 each	320	35	790	3.00	2.16	200.0	0	0.0	4	13.0	32.0	17.0	7.00
baked beans^	1/2 cup	162	0	559	5.19	2.01	47.1	151	1.22	17	7.32	37.2	0.0	0.00
celery sticks^	1/4 cup	5	0	26	0.52	0.06	13.0	145	1.0	0	0.22	0.96	0.06	0.01
peaches sliced	1/2 cup	49	0	10	0.00	0.00	0.0	295	1.18	10	0.0	11.81	0.0	0.00
ketchup^	1 tbsp	20	0	160	0.00	0.00	0.0	100	0.0	4	0.0	5.0	0.0	0.00
mustard^	1 TSP	0	0	60	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00
dressing ranch light^	2 TBSP	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5	0.50
milk vty half pints^	1 each	110	*5	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62	0.37
Weighted Daily Average		736	*50	2096	8.70	4.68	560.1	1192	4.60	*53	28.55	111.71	22.18	7.89
% of Calories										*28.7%	15.5%	60.7%	27.1%	9.7%
Nutrient Guideline		739		1420		3.95	338.62	1295	16.68		12.74		<=30.0	<10.00

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Linn-Mar Community Schools

Base Menu Spreadsheet

Portion Values - Detailed

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Sep 14, 2020 thru Oct 30, 2020

K-12 MENU

Generated on: 9/10/2020 10:53:11 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcmm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 10/30/2020														
K-12 MENU	Total													
Pizza cheesy gar /6"bread	1 piece	330	20	580	2.00	2.70	350.0	400	0.0	*N/A*	19.0	33.0	13.0	4.00
marinara sauce cup^	2.5 oz	40	0	230	1.00	0.72	20.0	299	5.99	4	1.0	6.99	1.0	0.00
romaine/spinach&tomato	1 cup	31	0	17	3.42	1.58	54.4	12715	12.06	*1	2.16	6.1	0.5	0.07
apple fresh sliced in bag	bag	29	0	1	1.32	0.07	3.3	30	2.53	6	0.14	7.6	0.09	0.02
GRAPES,Fresh	1/2 CUP	31	0	1	0.41	0.13	6.4	46	1.84	7	0.29	7.89	0.16	0.05
dressing ranch light^	2 TBSP	70	10	350	0.00	0.00	0.0	0	0.0	1	0.0	7.0	4.5	0.50
milk vty half pints^	1 each	110	*5	141	0.00	0.45	300.0	500	1.2	16	8.0	17.75	0.62	0.37
Weighted Daily Average		640	*35	1320	8.15	5.65	734.1	13990	23.62	*36	30.59	86.32	19.88	5.01
% of Calories										*22.3%	19.1%	53.9%	27.9%	7.0%
Nutrient Guideline		739		1420		3.95	338.62	1295	16.68		12.74		<=30.0	<10.00
Weighted Average		708	*76	1524	7.94	*4.01	*555.7	*4618	*42.05	*43	31.66	101.16	20.74	5.83
										*55.0%	17.9%	57.2%	26.4%	7.4%